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AVERAGE WEIGHT OF A MEASURED CUP OF VARIOUS FOODS

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AVERAGE WEIGHT OF A MEASURED CUP OF VARIOUS FOODS

By Lois Fulton, Evelyn Matthews, and Carole Davis[1]/

The average weight and standard deviation of a measured cup of various prepared foods are tabulated here to assist in the development, standardization, and testing of food preparation formulas for homes and institutions. The information will be useful to food technologists, food service managers, teachers, students, home economists, and dietitians in test kitchen research and education programs and to those who advise consumers on the purchase and use of food. Conversion of food preparation formulas to metric measurements will be facilitated by the availability of these data.

Some cookbooks have lists of approximate measures for given weights of commonly used foods. In general, this type of information is not readily available nor very precise. Unpublished data collected by the Consumer and Food Economics Institute and others were used by the American Home Economics Association in compiling a list of weights for 1 cup of a limited number of foods.[2]/ These data were also used to derive the nutritive value of foods in common household measures.[3]/

The data reported here for the actual weight of 1 cup of various foods in different forms were obtained in the laboratories of the Consumer and Food Economics Institute. The data reflect the normal variation in measuring the volume of foods. The cooked foods for which data are given were not always prepared from the same lots as the uncooked foods. The samples varied from 2 to 510.

The foods are listed alphabetically in the second column of the table with an item number in column 1; the form as purchased is also given. Fresh is used to describe foods that are purchased without being processed. Canned or bottled, frozen, dehydrated, or dry are used for the processed forms. Such other terms as slices, sweetened, and low moisture are used when applicable. To describe the variety or kind of food, such terms as Fordhook and all-purpose are also used.

In the third column the preparation of the food is described. This includes the method of cutting the food into fine pieces, such as chopping, dicing, or mashing, whether the food was uncooked or cooked, and whether sugar or other ingredients were added during cooking. Cooked foods were prepared by either household or quantity cooking procedures. All foods that were drained before measuring are described as "drained solids." Foods containing liquid that was not drained are described as "solids and liquid." When possible, terms used to describe the various forms of a food are the same as those given in food composition tables published by the U.S. Department of Agriculture.[4]/

The average weight of 1 cup (237 ml) of food and the number of samples tested are included for each item. The standard deviation of the weight (a measure of the variation of the data on all weighed samples) is given for all foods having four or more samples. The weight equivalent for the 237 ml of a food can be equated to the weight for a metric measure of 250 ml of the same food by multiplying by a factor of 1.055.

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[1]/Consumer and Food Economics Institute, Northeastern Region, Agricultural Research Service.

[2]/American Home Economics Association. Handbook of food preparation. Ed. 7, 120 pp. Washington, D.C. 1975.

[3]/U.S. Agricultural Research Service. Nutritive value of foods. U.S. Dept. Agr. Home and Garden Bul. 72, 41 pp. Slightly revised 1971.

[4]/U.S. Agricultural Research Service. Composition of foods--raw, processed, prepared. U.S. Dept. Agr. Agr. Handb. 8, 190 pp. 1963.

Dry food items were measured in cups that indicated 1 cup at the top rim. The cup was filled with the food, and the top was leveled with the thin edge of a metal spatula. All materials were spooned lightly into the cup unless a special measuring technique, such as dipping, is included in the description of the food item. Liquid foods and foods in juice were measured in glass measuring cups filled so that the meniscus was on the 1-cup mark. Food items were weighed to the nearest gram.

With passage of the Metric Conversion Act of 1975, metric quantities will be increasingly used for food purchasing and preparation. The following information will be helpful in becoming familiar with the relationship between metric and customary units:

Metric	Customary
Weight	
50 grams	1.8 ounces
100 grams	3.5 ounces
250 grams	8.8 ounces
500 grams	1.1 pounds
1 kilogram	2.2 pounds
28 grams	1 ounce
113 grams	4 ounces
227 grams	8 ounces
454 grams	1 pound
Volume	
50 milliliters	.21 cup
100 milliliters	.42 cup
150 milliliters	.63 cup
200 milliliters	.84 cup
250 milliliters	1.06 cups
1 liter	1.05 quarts
59 milliliters	1/4 cup
118 milliliters	1/2 cup
237 milliliters	1 cup
0.946 liter	1 quart

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS

[Leaders (...) in column 5 indicate no calculation, because a valid standard deviation cannot be computed for 3 samples or less]

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Almonds:				
	Blanched:				
1	Whole, salted	...	157	5.1	10
2	Chopped	...	127	5.4	18
3	Slivered	...	121	2.4	15
4	Unblanched, whole	...	143	2.2	15
	Coated:				
5	Chocolate	...	180	3.0	10
6	Chocolate and candy	...	197	4.6	10
	Apples:				
	Fresh, all varieties	Uncooked:			
		Unpared:			
7		Wedges	113	...	3
		Pared:			
8		Chopped	124	7.9	14
9		Diced	109	3.6	11
10		Quartered	122	8.2	5
11		Sliced	108	5.0	60
		Cooked:			
12		Juice, prepared with water	232	...	2
		Slices:			
13		Unsweetened	207	5.8	40
		Sweetened:			
14		Solids and liquid	226	8.0	30
15		Drained solids	205	8.1	30
16		Sauce, sweetened	252	10.5	9
	Canned:				
17	Slices	Solids and liquid	225	15.7	24
18		Drained solids	213	13.3	6
	Dehydrated:				
	Regular-dried:				
19	Rings	Uncooked	86	6.9	24
	Slices	Cooked, chilled:			
20		Solids and liquid	242	2.7	11
21		Drained solids	243	7.2	11
	Low-moisture:				
22	Slices	Uncooked	60	2.7	40
		Cooked, chilled:			
23		Solids and liquid	232	5.6	47
24		Drained solids	193	9.6	47
25	Wedges	Uncooked	66	2.2	40
		Cooked, chilled:			
26		Solids and liquid	226	7.2	40
27		Drained solids	189	7.2	40
	Applesauce:				
28	Canned	...	257	4.8	20
	Dehydrated:				
	Low-moisture	Cooked, chilled:			
29		Solids and liquid	235	8.9	9
30		Drained solids	231	10.6	9
	Apricots:				
31	Fresh	Halves, without pits	156	7.7	6
32		Whole, with pits	115	11.8	5

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Apricots--Continued				
	Canned, in sirup:				
33	Halves	Solids and liquid	248	6.7	28
34		Drained solids	236	16.0	32
35	Whole	Solids and liquid	253	5.9	39
36		Drained solids	216	10.3	39
37		Pitted	204	9.4	30
38	Frozen, sweetened	Thawed, drained solids	242	6.9	20
		Cooked:			
39		Solids and liquid	253	3.4	10
40		Drained solids	244	4.1	10
	Dehydrated:				
	Regular-dried:				
41	Halves	Uncooked	127	3.0	10
42		Chopped	137	2.2	10
		Cooked:			
43		Solids and liquid	245	5.7	31
44		Drained solids	249	6.8	24
45		Chopped	220	19.2	10
	Low-moisture:				
46	Nuggets	Uncooked	134	.8	20
		Cooked, chilled:			
47		Solids and liquid	275	2.0	30
48	Slices	Uncooked	119	4.1	20
		Cooked, chilled:			
		Unsweetened:			
49		Solids and liquid	249	7.2	30
50		Drained solids	233	8.0	29
		Sweetened:			
51		Solids and liquid	260	3.6	30
52		Drained solids	217	6.8	30
53	Artichoke hearts, canned	Drained solids	169	8.8	15
	Asparagus:				
54	Fresh	Cooked, drained solids, spears.	187	12.4	18
	Canned:				
55	Cuts and tips	Drained solids	168	9.0	30
56	Spears	Drained solids	159	7.5	28
	Frozen:				
57	Cuts and tips	Uncooked	118	3.8	10
58		Cooked, drained solids	173	10.6	30
59	Spears	Cooked, drained solids	160	7.9	15
60	Avocado, fresh	Diced	147	4.8	7
61		Mashed	231	1.5	6
	Baking powder:				
62	Phosphate		217	2.8	38
63	SAS-phosphate		177	4.3	27
64	Tartrate		181	2.6	10
	Bananas:				
65	Fresh	Chunks	146	3.1	8
66		Mashed	226	7.5	13
67		Slices	145	22.4	8
68	Canned, mashed		258	4.5	30

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
69	Barley	Uncooked	195	2.3	25
70		Cooked	162	4.4	30
	Beans:				
71	Black or turtle	Uncooked	184	2.4	20
	Great Northern:				
72	Dry	Uncooked	178	9.7	22
73		Cooked, drained solids	170	3.7	10
	Green:				
	Fresh	Uncooked:			
74		French style	79	4.6	10
75		1-1/2- to 2-inch pieces	107	4.4	34
76		Blanched, drained solids, 1-1/2- to 2-inch pieces.	118	5.5	24
77		Cooked, drained solids, 1-1/2- to 2-inch pieces.	137	18.7	17
	Canned:				
78	Cut	Drained solids	141	12.9	12
79	French-style	Drained solids	140	8.1	45
80	Whole	Drained solids	125	4.6	45
	Frozen:				
81	Cut	Uncooked	121	2.3	50
82		Cooked, drained solids	155	10.4	72
83	French-style	Uncooked, thawed	140	6.8	10
84		Cooked, drained solids	134	6.2	10
	Kidney:				
85	Canned	Solids and liquid	256	6.4	10
86		Drained solids	180	5.7	11
87	Dry	Uncooked	183	10.7	39
88		Cooked, drained solids	174	7.6	35
	Lima:				
	Fresh:				
89	Large	Uncooked	144	3.2	20
90	Medium	Uncooked	144	3.7	20
91	Small	Uncooked	135	3.0	20
92	All sizes	Blanched, drained solids	168	3.2	20
93		Cooked, drained solids	169	6.4	10
94	Canned	Drained solids	174	7.4	11
	Frozen:				
95	Fordhook	Uncooked	146	2.4	10
96		Cooked, drained solids	168	11.2	14
97	Baby	Cooked, drained solids	173	8.7	18
	Dry:				
98	Baby	Uncooked	190	4.1	30
99		Cooked, drained solids	199	6.3	15
100	Large	Uncooked	174	2.5	91
101		Cooked, drained solids	167	7.6	15
102	Mung, dry	Uncooked	203	3.2	25
103		Cooked, drained solids	161	3.3	30
104	Pea (navy), dry	Uncooked	199	3.0	62
105		Cooked, drained solids	177	2.6	67
106	Pink, dry	Uncooked	184	2.9	20
	Pinto:				
107	Canned	Drained solids	194	4.4	30
108	Dry	Uncooked	188	6.0	70
109		Cooked, drained solids	168	2.8	47

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Beans--Continued				
	Soybeans:				
110	Fresh, green	Uncooked	156	5.4	8
111		Cooked, drained solids	171	4.6	8
112	Canned, green	Drained solids	173	7.1	17
113	Dry, green and yellow	Uncooked	173	7.6	77
114		Cooked, drained solids	159	7.7	10
115	Curd, fresh	1/2-inch cubes	184	6.2	4
116	Grits	Uncooked	137	7.5	22
117	Milk, fresh		239	5.4	9
118	Sprouts, fresh	Uncooked	72	3.4	15
119		Parboiled	108	3.6	20
120	Wax, fresh	Cooked, drained solids, 1-inch pieces.	162	4.4	9
121	Bean sprouts, canned	Solids and liquid	214	13.6	84
122		Drained solids	128	7.0	103
	Beef:				
	Fresh:				
123	Ground	Uncooked	226	12.8	14
	Roast	Cooked, lean:			
124		Chopped	128	2.0	12
125		Diced	143	7.6	17
126	Corned	Cooked, shredded	121	2.3	10
	Beets:				
	Fresh	Cooked, pared:			
127		Chopped or diced	180	5.9	6
128		Sliced	205	11.3	14
	Canned:				
129	Diced	Drained solids	152	3.9	37
130	Sliced	Drained solids	176	12.9	13
131	Whole	Drained solids	159	9.9	15
	Biscuit mix:				
132	Purchased		116	1.2	10
133	Homemade		129	5.4	11
	Blackberries:				
	Fresh	Uncooked:			
134		Unwashed	128	2.9	8
135		Washed, drained solids	146	8.6	14
		Cooked:			
136		Solids and liquid	259	3.7	7
137		Drained solids	203	9.9	5
138	Canned, in sirup	Solids and liquid	260	4.1	9
139		Drained solids	175	6.0	8
	Frozen:				
140	Sweetened	Cooked, solids and liquid	252	6.8	7
141	Unsweetened	Unthawed	136	4.6	45
142		Thawed, sweetened, solids and liquid.	260	4.4	40
	Blackeye peas (cowpeas):				
143	Fresh	Uncooked	153	7.5	7
144		Cooked, drained solids	163	...	3
145	Canned	Drained solids	180	2.9	40
146		Heated	177	2.6	10

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
147	Frozen	Cooked, drained solids	171	14.4	10
148	Dry	Uncooked	166	3.2	46
149		Cooked, drained solids	175	1.8	20
	Blueberries:				
150	Fresh	Uncooked	146	6.0	37
151	Canned, wild, in sirup	Solids and liquid	250	2.0	10
152		Drained solids	170	7.2	10
	Frozen:				
153	Unsweetened, dry pack	Uncooked	154	7.6	52
		Cooked, sweetened:			
154		Solids and liquid	256	3.8	20
155		Drained solids	209	6.3	20
	Sweetened	Uncooked:			
156		Solids and liquid	228	13.6	10
		Cooked:			
157		Solids and liquid	246	13.2	7
158		Drained solids	163	...	2
159	Blueberry pie filling, canned		273	7.4	8
	Brazil nuts, in shell	Shelled:			
160		Chopped	121	3.1	15
161		Whole and pieces	131	3.5	15
162	Breadcrumbs	Fine, dry	107	13.4	16
163		Soft	43	6.8	23
164	Bread cubes	Dry or toasted	42	...	3
165		Soft	40	7.3	14
166	Bread stuffing, mix, herb-	Unprepared	71	9.4	20
167	seasoned, crumb-type.	Crushed	74	15.3	6
		Prepared:			
168		Dry type	141	9.2	20
169		Moist type	203	32.2	20
	Broccoli:				
	Fresh	Chopped:			
170		Uncooked	84	6.8	15
171		Cooked, drained solids	123	3.8	15
	Frozen:				
172	Chopped	Cooked, drained solids	188	21.3	10
173	Spears	Cooked, drained solids	185	13.6	15
	Brussels sprouts:				
174	Frozen	Cooked, drained solids	152	5.6	30
175	Bulgur	Uncooked	140	2.1	15
176		Cooked	182	9.6	30
177	Buttermilk		243	3.8	14
178	Butter oil		204	3.8	20

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Cabbage, green or red, fresh.....	Uncooked:			
179		Chopped.....	89	10.3	16
180		Shredded.....	72	3.5	15
181		Slices.....	82	11.4	20
		Cooked, drained solids:			
182		Shredded.....	129	8.2	32
183		Slices.....	144	22.0	18
184		Wedges.....	184	19.6	18
	Cabbage, red:				
185	Canned.....	Solids and liquid.....	247	5.6	15
186		Drained solids.....	161	7.4	15
	Cabbage, Chinese, fresh.....	Uncooked:			
187		Thin strips.....	60	5.0	22
188		Sliced.....	64	4.0	30
189	Cantaloup, fresh.....	Cubed.....	162	15.3	5
	Carrots:				
	Fresh.....	Uncooked, pared:			
190		Chunks.....	138	3.4	10
191		Diced.....	144	5.4	36
192		Shredded.....	109	20.8	17
193		Slices.....	122	4.7	84
194		Strips.....	121	7.0	28
		Cooked, drained solids:			
195		Chunks.....	164	12.3	13
196		Diced.....	140	7.6	16
197		Slices.....	129	3.4	48
198		Strips.....	137	3.5	10
	Canned:				
199	Diced.....	Drained solids.....	159	5.8	7
200	Slices.....	Drained solids.....	154	4.2	50
201	Whole.....	Drained solids.....	160	5.0	30
	Frozen:				
202	Diced.....	Cooked, drained solids.....	165	9.8	9
203	Slices.....	Uncooked.....	128	4.5	20
204		Cooked, drained solids.....	149	3.6	10
205	Whole.....	Cooked, drained solids.....	158	5.2	15
206	Cashews, salted.....	Chopped.....	137	...	3
207		Whole.....	136	2.2	15
208	Catsup.....	.....	284	3.6	6
	Cauliflower:				
	Fresh.....	Florets:			
209		Uncooked.....	107	4.4	10
210		Slices.....	90	7.9	14
211		Cooked, drained solids.....	125	30.7	24
	Frozen, florets.....	Uncooked:			
212		Frozen.....	133	7.5	30
213		Thawed.....	147	6.8	30
214		Slices.....	148	4.3	30
215		Cooked, drained solids.....	179	9.0	12

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Celery:				
	Fresh	Uncooked:			
216		Chopped	119	11.1	22
217		Diced	122	9.6	36
218		Slices	111	4.8	18
219		Strips	124	1.8	10
		Cooked, drained solids:			
220		Chopped	129	3.1	15
221		Diced or cut in chunks	153	17.3	26
222		Slices	168	5.1	6
223	Canned	Solids and liquid	208	2.2	20
224		Drained solids	145	3.0	80
	Cereals, ready-to-eat:[1/]				
	Corn:				
225	Cocoa Puffs		30	.8	10
226	Corn Chex		29	.6	11
227	Cornflakes	Whole	29	1.6	22
228		Crushed	80	2.1	10
229	Corn Kix		19	.5	10
230	Frosted Flakes		38	1.6	25
231	Hi-Pro		23	1.2	10
232	Sugar Pops		31	.8	10
233	Trix		33	0.9	10
	Mixed:				
234	Alpha Bits		34	1.1	10
235	Concentrate		79	2.3	10
236	Grape Nuts		109	2.9	10
237	Grape Nut Flakes		39	2.1	10
238	Natural Cereal		116	2.4	45
239	Oat Flakes		41	2.1	10
240	Special K		23	.6	10
	Oat:				
241	Cherrios		28	1.3	11
242	Flakes		40	2.3	15
243	Life		46	3.4	10
	Rice:				
244	Puffed Rice		13	.6	10
245	Rice Chex		33	2.8	11
246	Rice Honeys		37	.9	10
247	Rice Krinkles		43	1.6	10
248	Rice Krispies	Whole	27	1.0	10
249		Crushed	61	...	3
	Wheat:				
250	All-Bran		61	3.6	11
251	Bran Buds		75	1.9	10
252	40% Bran Flakes		34	1.6	10
	Puffed Wheat:				
253	Unsweetened		12	.7	10
254	Sweetened		34	1.1	30
255	Raisin Bran		57	5.1	10
256	Shredded Wheat Biscuit	Crumbled	35	2.5	10
257	Sugar Crisp		35	1.5	10
258	Wheat Chex		56	4.4	11
259	Wheat Germ		113	1.4	10
260	Wheaties		32	2.0	10

See footnotes at end of table.

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
261	Chard, Swiss, fresh	Cooked, drained solids	191	9.7	9
	Cheese:				
	Cheddar:				
262	Natural	Diced	132	11.9	11
263		Shredded	98	11.4	20
264	Process	Shredded	104	16.8	36
	Cottage:				
265	Cream-style		233	8.4	24
266	Dry, nonfat		136	4.5	40
267	Cream		230	4.8	8
268	Mozzarella	Chopped	112	...	2
269	Parmesan, grated		106	3.4	6
270	Swiss	Shredded	108	4.1	13
271	Cheese spread		244	3.1	30
272	Cheese sticks	Broken into 1/2-inch pieces	34	3.1	4
	Cherries:				
273	Bing, fresh	Unpitted	158	6.9	19
274		Pitted	163	6.8	17
	Dark, sweet:				
	Canned, in sirup:				
	With pits	Drained solids:			
275		Unpitted	191	7.5	6
276		Pitted	202	...	3
277	Pitted	Solids and liquid	241	7.4	26
278		Drained solids	180	7.5	26
	Maraschino, canned:				
279	Large	Drained solids	178	8.0	10
280	Small	Drained solids	192	13.4	10
	Red sour:				
	Canned:				
281	Pitted, water pack	Solids and liquid	232	7.7	26
282		Drained solids	176	5.2	29
	Frozen:				
	Pitted, sweetened	Uncooked:			
283		Solids and liquid	259	7.1	10
284		Drained solids	210	14.1	10
		Cooked:			
285		Solids and liquid	274	8.5	10
	Royal Anne:				
286	Canned, in sirup	Solids and liquid	260	8.3	11
287		Drained solids	191	5.1	9
288	Chestnuts	Boiled, mashed	270	...	2
	Chicken:				
	Fresh or frozen:				
	Whole	Cooked, deboned, without skin:			
289		Chopped	144	7.6	16
290		Diced	134	7.2	5
291		Ground	113	1.2	10
292	Backs	Stewed, deboned, without skin	150	8.6	10
293	Breasts	Fried, deboned, without skin.	144	15.6	14
294	Necks	Stewed, deboned, without skin	137	12.0	10

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Chicken broth:				
295	Fresh		235	4.0	4
296	Canned		231	1.6	30
	Chickpeas:				
297	Canned	Drained solids	161	3.5	10
298	Dry	Uncooked	200	3.5	11
299		Cooked, drained solids	163	2.8	15
300	Chicory, fresh	Cut in pieces	34	3.9	15
301	Chili sauce		247	9.6	12
302	Chocolate-flavored chips		167	2.9	12
303	Chop suey vegetables, canned	Solids and liquid	228	9.1	5
304		Drained solids	157	6.2	21
305	Citron, candied, cut		168	4.1	15
306	Clam liquor, canned		236	5.8	10
307	Cocoa		86	8.9	14
308	Cocoa mix		139	3.4	7
	Coconut:				
309	Fresh	Grated	80	4.9	6
	Dehydrated:				
310	Flakes		88	9.9	6
311	Shredded		91	9.1	47
312	Frozen, shredded		77	7.2	30
313	Coffee, freeze-dried		60	1.0	30
	Collard greens:				
314	Fresh	Cooked, drained solids	99	6.5	15
315	Canned	Drained solids	162	4.7	15
316	Frozen, chopped	Cooked, drained solids	170	21.5	12
	Cookies:				
317	Gingersnap	Crumbs	115	2.0	21
318	Vanilla wafers	Crumbs	104	...	2
	Corn, white:				
	Canned:				
319	Cream-style	Heated	250	6.0	13
	Whole kernel:				
320	Vacuum pack	Heated	212	4.9	10
321	With liquid	Heated, drained solids	159	5.4	11
	Corn, yellow:				
322	Fresh	Blanched, cut from cob	159	3.6	20
323		Cut from cob, cooked, drained solids	166	7.4	6
	Canned:				
324	Cream-style	Unheated	260	3.4	42
325		Heated	261	4.7	26

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AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Corn, yellow, canned--Continued				
	Whole kernel:				
326	Vacuum pack	Drained solids	170	3.4	45
327	With liquid	Solids and liquid	265	.5	10
328		Drained solids	173	10.6	7
	Frozen:				
329	Whole kernel	Cooked, drained solids	156	4.4	45
330	Cornflake crumbs		94	2.6	10
331	Corn grits, yellow and white	Uncooked	162	4.4	84
332		Cooked	236	6.5	48
	Cornmeal:				
333	White, degerminated		140	7.2	40
334	White, self-rising, wheat flour added.		141	3.7	10
	Yellow:				
335	Degerminated	Uncooked	151	6.6	86
336		Cooked	246	1.8	30
337	Stone ground	Uncooked	132	1.9	15
338		Cooked	248	3.1	30
	Corn sirup:				
339	Dark		325	...	3
340	Light		325	10.7	34
341	Cornstarch		125	4.7	15
	Crackers:				
342	Graham	Crumbs	84	13.2	14
343	Snack, round	Crumbs	80	1.3	53
344	Zwieback	Crumbs	88	...	2
345	Cranberries, fresh	Uncooked	102	4.2	38
346	Cranberry sauce, whole, canned		271	6.2	16
	Cream:				
347	Half-and-half		242	4.5	12
348	Sour		242	12.4	5
349	Sour		236	9.4	32
350	Table (coffee)		240	6.6	4
351	Whipping		232	7.7	9
352	Cucumber, fresh	Unpared, sliced	139	6.5	15
		Pared:			
353		Diced	144	8.7	10
354		Sliced	145	4.8	15
355	Currants, dehydrated		131	2.3	15
356	Dates, dehydrated, regular-dried,	Chopped	171	12.8	21
357	pitted.	Whole	163	5.3	10
358	Eggplant, fresh	Cooked, drained solids, diced	201	10.2	18

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Eggs, large, shell	Shelled:			
359		Whites	255	5.6	8
360		Whole	251	6.0	8
361		Yolks	240	3.3	8
362	Escarole, fresh	Shredded or broken in pieces.	71	6.2	6
363	Farina	Uncooked	184	2.2	15
364		Cooked	245	1.9	30
	Figs:				
365	Canned, whole	Solids and liquid	253	17.8	14
366		Drained solids	208	17.4	10
367	Dehydrated, regular-dried	Chopped	167	11.6	47
368		Whole	173	7.4	15
	Filberts, in shell	Shelled:			
369		Chopped	112	2.8	15
370		Whole	134	2.0	15
	Flour:				
371	Barley	Unsifted, spooned	102	4.1	40
372	Corn, yellow	Unsifted, spooned	117	3.2	20
	Oat	Coarse grind:			
373		Unsifted, spooned	120	4.4	20
		Fine grind:			
374		Unsifted, spooned	96	3.6	32
375	Potato	Unsifted, spooned	179	2.6	25
	Rice:				
376	Brown	Unsifted, spooned	158	2.9	25
377	White	Unsifted, spooned	149	3.8	20
	Rye:				
378	Dark	Unstirred, spooned	128	3.4	10
379		Stirred, spooned	127	2.5	10
380	Light	Unsifted, spooned	101	10.0	41
381		Sifted, spooned	88	7.4	20
382	Whole-grain	Unsifted, spooned	82	2.9	40
383	Soy, full-fat	Unsifted, spooned	96	3.9	47
384	Tapioca	Unsifted, spooned	120	3.5	35
	Wheat:				
	All-purpose[2/]	Unsifted:			
385		Dipped	143	4.8	300
386		Spooned	126	2.8	510
387		Sifted, spooned	116	1.9	500
	Bread	Unsifted:			
388		Dipped	136	6.5	40
389		Spooned	123	3.5	40
390		Sifted, spooned	117	4.2	41
	Cake[2/]	Unsifted:			
391		Dipped	119	3.1	300
392		Spooned	111	2.4	300
393		Sifted, spooned	99	1.6	300

See footnotes at end of table.

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Flour, wheat--Continued				
	Gluten	Unsifted:			
394		Dipped	142	4.0	10
395		Spooned	135	2.6	10
396		Sifted, spooned	136	1.5	10
	Self-rising	Unsifted:			
397		Dipped	130	4.4	10
398		Spooned	127	4.1	10
399		Sifted, spooned	106	2.7	10
400	Whole wheat	Stirred, spooned	120	3.3	45
	Fruit, mixed:				
	Frozen	Thawed:			
401		Solids and liquid	243	4.4	30
402		Drained solids	224	9.0	30
	Dehydrated	Cooked:			
403		Solids and liquid	255	4.3	15
404		Drained solids	209	9.2	15
	Fruit cocktail:				
405	Canned, in sirup	Solids and liquid	256	6.5	13
406		Drained solids	213	15.2	15
407	Dehydrated, low-moisture	Uncooked	100	2.8	20
		Cooked:			
		Unsweetened:			
408		Solids and liquid	233	5.6	20
409		Drained solids	158	4.8	20
	Fruits, see individual listings.				
410	Fruits for salad, canned, in sirup	Solids and liquid	247	5.1	51
411		Drained solids	206	9.6	45
412	Gelatin, flavored		187	13.9	8
	Grapefruit:				
	Fresh	Sections:			
413		Solids and liquid	226	12.8	13
414		Drained solids	200	15.0	14
415	Canned, sections, sweetened	Solids and liquid	243	9.0	40
416		Drained solids	237	12.4	38
417	Frozen, sections, unsweetened	Solids and liquid	241	6.9	24
418		Drained solids	219	12.6	14
	Grapefruit and orange sections:				
419	Fresh pack	Solids and liquid	241	6.3	15
420		Drained solids	194	9.2	15
421	Canned, sweetened	Solids and liquid	250	5.1	15
422		Drained solids	213	7.6	25
	Grapes:				
	Fresh:				
423	Seedless	Halves	169	10.1	28
424		Whole	174	8.4	14
425	With seeds	Halves	159	5.0	15
426		Whole	162	2.4	25
427	Canned, seedless	Solids and liquid	245	5.0	15
428		Drained solids	188	5.1	15

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
429	Hominy, canned	Drained solids	165	3.3	30
430	Honey, strained		325	10.9	13
431	Honeydew melon, fresh	Diced	169	9.7	18
432	Horseradish, fresh	Pared, ground	91	3.2	24
433	Jelly, grape		306	2.1	7
	Kale:				
434	Fresh	Cooked, drained solids	113	10.2	15
435	Canned	Drained solids	163	16.2	12
	Frozen:				
436	Chopped	Cooked, drained solids	135	2.2	10
437	Leaf	Cooked, drained solids	145	6.0	10
438	Lemonade, frozen concentrate	Thawed	283	6.8	10
439		Reconstituted	239	3.1	40
440	Lemon juice, canned		223	2.2	22
441	Lemons, fresh	Juice	250	4.0	13
442	Lentils, whole, dry	Uncooked	186	4.9	23
443		Cooked, drained solids	202	16.9	6
	Lettuce:				
444	Iceberg, fresh	Chopped	59	4.4	6
445		Chunks	74	7.1	20
446		Leaves	66	5.0	24
447		Shredded	57	4.8	10
448	Romaine, fresh	Chunks	37	1.7	10
449		Shredded	35	2.4	10
450	Limes, fresh	Juice	240	5.0	15
451	Luncheon meat	Chopped	134	6.3	19
452		Diced	138	2.7	21
	Macadamia nuts, in shell	Shelled:			
453		Chopped	115	3.3	15
454		Whole	139	2.7	15
	Macaroni:				
455	Elbow	Uncooked	130	5.4	36
456		Cooked, warm	130	2.6	12
457	Twist	Uncooked	67	1.8	20
458		Cooked, warm	102	4.6	15
459	Spiral	Uncooked	84	1.6	15
460		Cooked, warm	134	8.3	15
461	Mango, fresh	Diced	163	...	2
462		Sliced	163	5.7	4
	Margarine:				
463	Regular		225	2.3	14
464	Soft		208	3.5	40

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
465	Marshmallows	Miniature	50	2.5	28
466		Regular	57	2.2	20
	Meat, see individual listings.				
	Melon balls:				
	Frozen:				
467	Sweetened	Solids and liquid	231	20.1	10
468	Unsweetened	Solids and liquid	207	7.7	15
	Milk:				
	Whole:				
469	Fresh, fluid		241	8.5	47
470	Dry, spray process	Packed	145	4.5	20
471		Spooned	121	4.7	30
472	Evaporated, canned		251	...	2
	Nonfat dry:				
473	Instant crystals		74	3.1	86
474	Spray process	Dry	134	13.2	8
475		Reconstituted	240	9.0	19
	Skim:				
476	Evaporated, canned		246	3.7	4
477	Molasses		309	11.3	25
	Mushrooms:				
478	Fresh	Uncooked, slices	95	4.0	15
479		Cooked, drained solids, slices.	148	5.6	20
480	Canned, stems and pieces	Solids and liquid	219	3.0	10
481		Drained solids	156	2.6	10
482	Mustard, prepared		251	1.0	15
	Mustard greens:				
483	Fresh	Cooked, drained solids	118	5.5	20
484	Canned	Drained solids	153	7.5	15
485	Frozen, chopped	Thawed	146	8.0	20
486		Cooked, drained solids	140	5.8	10
487	Nectarines, fresh	Sliced	138	6.0	15
	Noodles:				
488	Medium-width	Uncooked	38	2.4	15
489		Cooked, warm	125	5.0	15
490	Thin	Uncooked	45	6.9	30
491		Cooked, warm	124	9.6	30
	Nuts, see individual listings.				
	Oats, rolled:				
492	Quick	Uncooked	73	4.7	87
493		Ground	109	1.5	13
494		Cooked	246	4.2	30
495	Regular	Uncooked	75	5.5	80
496		Cooked	246	2.6	30
497	Oil, cooking		209	3.1	49

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Okra:				
	Fresh	Cooked, drained solids:			
498		Slices	160	8.2	7
499		Whole	177	15.3	6
500	Canned, cut	Drained solids	167	16.5	17
	Frozen:				
501	Cut	Cooked, drained solids	184	17.3	14
502	Whole	Cooked, drained solids	138	1.1	10
	Olives:				
503	Green, stuffed	Slices	133	4.3	30
504		Whole	147	4.1	30
505	Ripe	Slices	135	4.0	14
	Onions:				
506	Green, fresh	Uncooked slices	99	19.5	5
	Mature:				
	Dry:				
	Large	Uncooked:			
507		Chopped	171	37.1	27
508		Grated	231	9.0	10
509		Ground	238	6.2	11
510		Slices	113	18.8	9
		Cooked, drained solids:			
511		Halves or pieces	179	11.0	13
512		Whole	209	10.7	13
513	White, pearl	Whole, cooked, drained solids	185	5.2	10
514	Canned, white pearl	Solids and liquid	237	6.7	10
515		Drained solids	186	7.7	40
516	Frozen, chopped		112	2.8	15
	Dehydrated, low-moisture:				
517	Minced		100	1.7	40
518	Slices	Dry	64	0	6
519		Reconstituted, drained solids	143	12.1	12
	Orange juice:				
520	Fresh, bottled		246	3.1	10
521	Frozen concentrate	Thawed	268	5.2	11
522		Reconstituted	241	2.4	37
	Oranges, fresh	Juice:			
523		Strained	242	2.1	45
524		Unstrained	240	2.4	30
		Sections:			
525		With membrane	177	7.3	15
		Without membrane:			
526		Solids and liquid	245	7.4	15
527		Drained solids	207	9.2	15
528		Diced or slices, drained solids.	219	12.0	15
529	Oranges, mandarin, canned sections	Solids and liquid	247	8.8	12
530		Drained solids	189	5.6	25
531	Pancake mix, purchased		121	1.3	5

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Parsley:				
532	Fresh	Chopped	20	1.0	15
533	Dehydrated	Flakes	15	.6	15
	Peaches:				
	Fresh	Uncooked:			
534		Diced	266	1.8	12
535		Slices	177	14.5	39
		Cooked, sugar added, slices:			
536		Solids and liquid	241	4.9	17
537		Drained solids	223	3.1	6
	Canned, in sirup:				
538	Halves	Solids and liquid	255	14.7	6
539		Drained solids	224	19.0	8
540	Slices	Solids and liquid	253	6.9	30
541		Drained solids	218	16.1	18
542	Spiced, with pits	Drained solids	219	10.8	15
543		Pitted	228	7.3	10
	Frozen, in sirup:				
544	Halves	Cooked, solids and liquid	250	7.2	6
	Slices	Uncooked:			
545		Solids and liquid	236	8.9	20
546		Drained solids	219	2.2	10
		Cooked:			
547		Solids and liquid	240	16.6	17
548		Drained solids	228	2.3	9
	Dehydrated:				
549	Regular-dried, halves	Uncooked	176	10.0	10
550		Ground	217	16.2	9
		Cooked, chilled:			
551		Solids and liquid	242	7.7	24
552		Drained solids	232	14.9	24
553	Low-moisture, slices	Uncooked	113	3.2	30
		Cooked, chilled:			
554		Solids and liquid	248	6.7	41
555		Drained solids	190	7.8	30
	Peanut butter:				
556	Crunchy		261	3.0	10
557	Smooth		251	14.4	35
	Peanuts:				
	In shell	Shelled:			
558		Halves	144	...	2
559		Whole	152	1.7	4
560		Ground	113	5.5	4
561	Salted	Chopped	138	3.8	29
	Pears:				
	Fresh	Uncooked:			
562		Unpared, slices	164	10.1	13
		Pared:			
563		Diced	151	3.0	15
564		Slices	170	8.8	10
		Cooked, pared, halves:			
565		Solids and liquid	236	8.4	9
566		Drained solids	215	10.1	9
567	Canned, in sirup, halves	Solids and liquid	229	13.0	6
568		Drained solids	227	27.3	6

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Peas:				
	Green:				
569	Fresh	Uncooked	138	4.3	6
570		Cooked, drained solids	163	7.5	13
571	Canned	Drained solids	170	5.7	107
572	Frozen	Uncooked	141	8.3	28
573		Cooked, drained solids	167	8.5	19
574	Dry, whole	Uncooked	192	1.7	75
575		Cooked, drained solids	168	3.6	70
	Split, green or yellow:				
576	Dry	Uncooked	203	8.9	44
577		Cooked, drained solids	194	17.4	12
	Peas and carrots:				
578	Canned	Drained solids	163	4.6	71
579	Frozen	Uncooked	137	3.1	40
580		Cooked, drained solids	164	4.6	32
581	Pecans, shelled	Chopped	108	4.9	20
582		Halves	108	10.1	5
583	Peppers, chili, green, canned	Drained solids	237	7.2	10
	Peppers, sweet, green:				
	Fresh	Uncooked:			
584		Chopped	149	22.3	17
585		Slices	82	18.8	16
586		Strips	100	2.9	7
		Cooked, drained solids:			
587		Diced	185	...	2
588		Strips	135	13.7	6
589	Frozen, diced	Uncooked	142	3.7	20
590	Pickle relish	Solids and liquid	245	15.3	19
591	Pickles, sweet	Chopped	141	6.3	55
	Pineapple:				
592	Fresh	Pared, diced	152	11.0	15
	Canned, in sirup:				
593	Chunks	Solids and liquid	253	4.4	30
594		Drained solids	185	11.1	45
595	Crushed	Solids and liquid	263	12.7	10
596		Drained solids	254	18.5	8
597	Slices	Solids and liquid	278	15.3	10
598		Drained solids	186	27.9	15
599	Tidbits	Solids and liquid	258	9.2	10
600		Drained solids	184	5.9	73
	Canned, in natural juice:				
601	Chunks	Solids and liquid	240	5.7	45
602		Drained solids	188	8.1	45
603	Crushed	Solids and liquid	246	4.2	30
604		Drained solids	192	7.0	30
605	Slices	Solids and liquid	255	3.7	30
606		Drained solids	187	6.7	30
607	Frozen, in sirup, chunks	Solids and liquid	246	12.9	13
608		Drained solids	204	16.9	6

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
609	Pistachios, in shell.....	In shell.....	133	7.1	10
610		Shelled.....	125	4.7	10
	Plums, purple:				
611	Fresh.....	Halves.....	159	18.1	13
612	Canned, in sirup, whole	Solids and liquid.....	234	4.4	6
613	with pits.	Drained solids.....	223	22.7	8
	Plums, red:				
614	Fresh.....	Diced.....	164	10.0	15
615		Halves.....	176	14.8	13
616		Slices.....	169	10.0	15
617	Popcorn.....	As purchased.....	197	3.8	15
618		Popped.....	15	1.0	30
	Pork:				
	Fresh.....	Uncooked, lean:			
619		Diced.....	234	8.8	14
620		Strips.....	233	10.4	15
		Cooked, lean:			
621		Chopped.....	142	3.2	10
622		Diced.....	138	...	2
623	Smoked ham, cook-before-eating..	Uncooked, ground.....	170	3.9	10
		Cooked:			
624		Chopped.....	121	5.9	20
625		Diced.....	147	13.4	8
626		Ground.....	109	1.9	11
627		Julienne strips.....	144	...	3
	Potatoes:				
	Fresh.....	Uncooked:			
628		Chopped.....	147	11.6	13
629		Diced.....	161	8.6	114
630		Slices.....	155	9.0	60
		Cooked, drained solids:			
631		Diced.....	169	10.6	24
632		Mashed.....	208	23.4	23
633		Riced.....	227	4.3	12
634		Slices.....	159	9.8	11
635	Canned, small, whole.....	Drained solids.....	179	7.2	6
	Frozen:				
636	French-fried.....	Heated.....	136	5.8	45
637	Hashed brown.....	Uncooked.....	124	3.0	20
638	Whole, small.....	Uncooked.....	153	8.6	30
639		Cooked, drained solids.....	203	8.3	20
	Dehydrated:				
640	Flakes.....	Dry.....	55	3.0	60
641		Reconstituted.....	238	2.5	30
642	Granules.....	Dry.....	201	7.2	10
643		Reconstituted.....	210	10.9	17
	Poultry, <u>see</u> individual listings.				
644	Pretzel sticks, short, thin.....	.....	45	16.7	7

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	Grams	
	Prunes:				
645	Canned, with pits	Solids and liquid	266	7.7	15
646		Drained solids	190	8.0	15
	Dehydrated:				
	Regular-dried:				
647	Pitted	Uncooked	170	9.0	15
		Cooked:			
648		Solids and liquid	248	4.7	15
649		Drained solids	194	5.8	15
	With pits	Uncooked:			
650		Whole	187	12.6	11
		Pitted:			
651		Chopped	150	5.0	11
652		Ground	274	1.1	5
		Cooked:			
		Unchilled:			
653		Solids and liquid	258	43.9	5
		Drained solids:			
654		Pitted	210	27.7	12
655		Chopped or ground	223	25.0	12
		Chilled:			
656		Solids and liquid	249	6.5	49
657		Drained solids	229	9.6	50
658	Low-moisture, pitted	Uncooked	117	4.0	30
		Cooked, chilled:			
659		Solids and liquid	249	6.3	40
660		Drained solids	223	7.4	39
	Pumpkin:				
661	Fresh	Cooked, mashed	247	5.3	6
662	Canned		238	6.2	22
663	Dehydrated flakes		105	5.9	5
664	Radishes, fresh	Slices	110	3.5	16
665		Whole	133	5.7	15
	Raisins	Uncooked:			
666		Chopped	162	20.2	14
667		Ground	269	11.5	8
668		Whole	144	8.9	27
		Cooked, chilled:			
669		Solids and liquid	243	7.1	13
670		Drained solids	182	7.8	12
	Raspberries, red:				
671	Fresh	Uncooked	144	5.1	9
	Frozen, sweetened	Uncooked:			
672		Solids and liquid	249	6.4	21
673		Drained solids	218	7.4	8
	Rhubarb:				
674	Fresh	Cooked, sugar added, solids and liquid.	240	33.1	24
	Frozen:				
	In sirup	Uncooked:			
675		Solids and liquid	220	27.6	20
676		Drained solids	168	13.7	12

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Rhubarb, frozen, in sirup--Continued				
		Cooked:			
677		Solids and liquid	248	10.9	15
678	Unsweetened	Uncooked	124	2.6	30
679		Cooked, sweetened, solids and liquid.	240	4.6	30
	Rice:				
	Brown:				
680	Long grain	Uncooked	176	2.3	25
681		Cooked, hot	153	6.2	30
682	Short grain	Uncooked	194	2.2	20
683	Cereal, granulated	Uncooked	176	1.5	15
684		Cooked, hot	244	1.6	30
	White:				
685	Long grain	Uncooked	192	11.2	28
686		Cooked, hot	159	13.8	38
687	Medium grain	Uncooked	194	.8	12
688		Cooked, hot	156	8.5	11
689	Short grain	Uncooked	200	2.6	15
690		Cooked, hot	161	6.6	30
691	Parboiled	Uncooked	181	3.9	12
692		Cooked, hot	185	6.9	6
	Precooked:				
693	Simmer before serving	Uncooked	64	1.6	30
694		Cooked, hot	154	5.2	30
695	Prepared with boiling water.	Unprepared	99	2.9	15
696		Prepared	124	2.4	15
697	Rutabagas, fresh	Uncooked, diced	139	5.6	12
		Cooked, drained solids:			
698		Diced	171	8.8	11
699		Mashed	243	17.0	24
	Salad dressing:				
	Blue cheese:				
700	Bottled, regular		238	5.9	25
	French:				
701	Bottled, regular		243	3.2	25
	Bottled, low-calorie:				
702	25 cal. per tbsp		253	4.8	30
703	9 cal. per tbsp		250	1.5	15
	Italian:				
704	Bottled, regular		230	5.8	25
705	Mayonnaise, bottled, regular		223	5.0	14
706	Mayonnaise, imitation, bottled, low-calorie, 40 cal. per tbsp.		234	1.9	15
	Mayonnaise-type:				
707	Bottled, regular		240	3.6	90
708	Bottled, low-calorie, 9 cal. per tbsp.		244	2.0	15
709	Russian, bottled, regular		247	2.4	10
710	Thousand Island, bottled, regular.		245	7.2	25
711	Salt, free running		292	3.0	27

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
712	Sandwich spread, bottled		246	4.7	10
	Sauerkraut:				
713	Fresh-pack	Drained solids	130	8.6	15
714	Canned	Drained solids	142	15.0	24
715	Shortening, hydrogenated		187	8.8	7
716	Sirup, chocolate, canned		301	5.6	10
	Soup:				
	Canned, chunky:				
717	Beef		241	2.4	15
718	Chicken		241	1.8	15
	Dehydrated:				
719	Beef-flavored noodle	Reconstituted	229	6.2	10
720	Chicken noodle	Reconstituted	229	4.0	25
721	Chicken rice	Reconstituted	228	3.9	10
722	Green pea	Reconstituted	242	6.3	10
723	Onion	Reconstituted	230	5.8	10
724	Tomato-vegetable	Reconstituted	228	6.9	10
725	Spaghetti	Uncooked, broken	71	8.1	20
726	Spaghetti, canned, with tomato sauce and cheese.		253	2.7	30
727	Spaghetti sauce, canned		248	3.7	33
	Spinach:				
	Fresh	Uncooked:			
728		Chopped	52	5.2	13
729		Pieces	30	4.7	15
730		Whole leaves	33	6.0	27
731		Cooked, drained solids, whole leaves.	163	7.4	24
732	Canned	Drained solids	223	14.1	11
	Frozen:				
733	Chopped	Cooked, drained solids	220	7.0	15
734	Leaf	Cooked, drained solids	185	9.2	30
	Squash:				
735	Acorn, fresh	Cooked, drained solids, mashed.	231	3.3	13
736	Butternut, fresh	Uncooked, cubes	140	2.7	40
737		Cooked, drained solids, cubes	180	5.8	55
	Hubbard:				
	Fresh	Cooked, drained solids:			
738		Diced	235	3.1	5
739		Mashed	244	3.7	7
740	Frozen, cooked	Heated	243	3.0	23
741	White summer, fresh	Cooked, drained solids, mashed.	238	2.2	10
	Yellow summer:				
	Fresh	Cooked, drained solids:			
742		Diced	205	10.1	8
743		Slices	176	17.8	18

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Squash, yellow summer--Continued				
744	Canned	Drained solids	206	10.4	10
745		Heated	197	9.5	10
746	Frozen, slices	Uncooked	174	6.9	10
747		Cooked, drained solids	180	5.6	15
	Zucchini:				
748	Fresh	Uncooked, slices	164	3.1	6
749		Cooked, drained solids, slices.	152	7.6	6
750	Frozen, slices	Cooked, drained solids	182	10.3	10
751	Stew vegetables, frozen	Cooked, drained solids	187	7.8	15
	Strawberries:				
752	Fresh	Crushed	232	4.2	140
753		Halves	152	5.2	10
754		Slices	166	...	2
755		Whole	151	8.3	152
756		Juice, strained	237	4.0	36
	Frozen, sweetened:				
757	Sliced	Solids and liquid	254	4.3	10
758		Drained solids	239	11.5	8
759	Whole	Solids and liquid	253	13.1	19
760		Drained solids	204	20.8	10
	Succotash:				
761	Canned	Drained solids	171	3.3	15
762	Frozen	Cooked, drained solids	192	13.6	18
	Sugar:				
763	Brown	Packed	211	22.5	118
764	Brownulated		152	1.7	8
765	Confectioner's	Unsifted	113	5.4	40
766		Sifted	95	3.9	64
767	Granulated		196	7.6	81
768	Raw		195	3.2	17
769	Superfine granulated		197	3.1	12
770	Sunflower seeds, in hulls, roasted	Hulled	125	3.2	15
	Sweetpotatoes:				
	Fresh	Cooked, drained solids:			
771		Mashed	253	7.2	23
772		Slices	159	13.3	21
773	Canned, in sirup	Drained solids	200	17.7	16
774		Slices	177	5.8	12
775	Canned, vacuum pack	Drained solids	238	13.2	15
776	Frozen, in sirup	Heated	229	12.4	15
777	Dehydrated flakes	Dry	116	5.2	22
778		Reconstituted	253	4.9	21
779	Tangerines, fresh	Sections, without membrane	193	7.6	9
780		Sections, with membrane	159	6.3	30
781	Tapioca, quick-cooking		160	1.7	15
782	Tartar sauce, bottled		231	5.9	10

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Tomatoes:				
783	Fresh	Slices	181	14.3	18
784	Canned, whole	Solids and liquid	237	6.2	36
785	Tomatoes, cherry	Without stems	149	3.7	15
786	Tomato juice, canned		243	9.2	6
787	Tomato paste, canned		263	14.3	11
788	Tomato puree, canned		250	9.8	29
789	Tomato sauce, canned		237	18.6	5
790	Topping, chocolate fudge, canned		300	5.9	10
	Turkey, fresh or frozen:				
	Whole or pieces	Cooked, without skin:			
791		Chopped	140	12.2	19
792		Diced	144	11.7	16
793	Giblets	Cooked, chopped	127	3.6	10
794	Gizzards	Cooked, chopped	133	3.2	10
795	Hearts	Cooked, chopped	126	2.2	10
796	Livers	Cooked, chopped	133	2.2	10
797	Necks	Cooked, deboned, without skin	140	4.2	10
798	Turkey broth, without fat		237	3.4	8
	Turnip greens:				
799	Canned	Drained solids	159	19.6	20
800	Frozen	Cooked, drained solids	155	21.2	25
	Turnips, fresh	Uncooked:			
801		Diced	128	3.5	19
802		Slices	128	5.8	22
		Cooked, drained solids:			
803		Diced	160	4.9	58
804		Mashed	228	6.1	12
	Vegetables, mixed:				
805	Canned	Drained solids	163	11.7	15
806	Frozen	Cooked, drained solids	182	13.8	15
	Vegetables, see individual listings.				
807	Vinegar		239	3.2	10
808	Walnuts, English	Chopped	120	5.2	13
809	Water chestnuts, canned	Drained solids	158	3.4	15
810	Watercress, fresh		33	1.7	5
811	Watermelon, fresh	Diced, with seeds	160	6.6	8

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AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	*Grams*	
	Wheat, rolled:				
812	Hard	Uncooked	87	10.9	59
813		Cooked	217	12.4	6
814	Soft	Uncooked	89	6.0	72
815	Wheat germ	Spooned	115	1.6	25
816	Wheat starch	Unsifted, spooned	123	2.1	20
817	Whey, liquid		244	1.5	10
	White sauce:				
818	Thin	Prepared from standard formula.[3/]	250	3.8	10
819	Medium	Prepared from standard formula.[3/]	251	11.7	13
820	Thick	Prepared from standard formula.[3/]	247	6.1	10
821	Wine, white, dry		223	...	3
822	Yeast, active dry		142	4.9	22
	Yogurt:				
823	Whole milk		245	4.6	11
824	Whole milk, partially skimmed		249	5.1	10

[1/]Ready-to-eat cereals are listed by brand name only as a means of identification.

[2/]From Matthews, Ruth H., and Batcher, Olive M. Sifted versus unsifted flour. Jour. Home Econ. 55 (2): 123-124. 1963.

[3/]U.S. Agricultural Research Service. Family fare. A guide to good nutrition. U.S. Dept. Agr. Home and Garden Bul. 1, 91 pp. 1974.

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